(TMI Newsletter – September 5, 2012)

HOW WILL THIS BENEFIT ME?

Many of you may be asking yourself that very question.
We will leave it up to our users to tell you...

"Experiencing major life changes can be very stressful. This year, I experienced a big change. After twenty-five years of marriage, I now find myself divorced. Needless to say, this change means I am having to make significant adjustments. My regular use of Hemi-Sync has been a life-saver for me. For the first 30-days following my divorce, I awoke each morning to Morning Exercise. It helped me get myself out of bed every day! Since then, I make it a regular practice to listen to my favorite CDs. One of the best exercises to reduce stress is Equilibrium (included in Inner States)"
-A Evans, Oklahoma

"I've been using Hemi-sync since 1995 and now SAM technology as well. Whether I'm listening to a guided meditation or enjoying the beautifully composed Metamusic CD's, they transport me to that place within, no matter where I'm at in life. That same serenity so vital to my wellbeing is always available to me, I only need to listen."
- D. Tobin, North Carolina

"Awareness has come with trust and practice in being able to open the communication channels that are relearned at every TMI program. Over the years I find that I only have to pause and open to the response that is waiting for my inquiry. This response can come in any way or form, but it always comes. In the moment of stress it is sometimes hard to access the quick response, but with faith, patience and compassion for my Self, the divine arrives and surrounds me in a field of love and most often humor. Every day I am humbled at the beauty around me and filled with gratitude for the techniques and doors that Robert Monroe gifted us."
-D. Semmes, Virginia

"I work a lot and have only little time to take breaks during the day. What helps me to stay creative and efficient is, that I make around noontime "The Catnapper". It recharges me quickly and I am motivated to work again. Go for it try it!"
-N. Stocker, Switzerland

Don't take our word for it... Try it yourself!